

Section 2

FOODS

What Foods are Available on the WIC Program?

WIC foods are carefully selected to meet certain nutritional requirements which provide vitamins, minerals, and proteins to WIC participants. Therefore, no substitutions for WIC foods are allowed. Listed below are categories of WIC foods:

Nutrient Provided	WIC Foods Which Supply the Nutrient
Protein:	Infant formula, milk, eggs, cheese, peanut butter, dried peas or beans.
Iron:	WIC approved brands of cereal, peanut butter, dried peas or beans, eggs, iron-fortified infant formula.
Vitamin C:	Citrus fruit juices, fruit juices fortified with Vitamin C, infant formula.
Vitamin A:	Milk, eggs, cheese, infant formula.
Calcium:	Cheese, milk, infant formula.

Approved and Non-approved WIC Foods

The Arizona WIC Programs Food List contains only the types and brands of foods allowed on the Arizona WIC Program. In addition, the food list specifies foods that cannot be purchased. This list is available in both English and Spanish. The Arizona WIC Program Food Package Committee revises this food list periodically. The Committee is made up of representatives from the Department, local agency, Arizona Food Marketing Alliance and Vendors. Also, the committee coordinates changes with the Inter-Tribal Council of Arizona and Navajo Nation WIC Programs. Vendors are notified whenever changes are made to the food list prior to the change going into effect.

Vendors must ensure that a **current** food list is maintained at each cash register. The Department will provide a supply of both the English and Spanish versions of the food list at the beginning of each Contract period. An additional supply may be requested by completing and submitting the Arizona WIC Program Vendor Order Form found in Appendix 2 of this manual.

NOTE: Effective FY 2003 (which begins October 1, 2002), the Arizona WIC, the Inter Tribal Council of Arizona and Navajo Nation WIC Programs will use a common food list. An example of the English version of the Arizona WIC Programs Food List is shown on the next page.

Arizona WIC Programs Food List



Can Buy	Can Not Buy
Cereal 36 oz or less, plain, any size box from the list below: Cold Cereal: Cheerios (Plain) Chex: Corn, Rice, Wheat or Multi-Bran Kix (Plain) Whole Grain Total Kellogg's Corn Flakes Special K Post Bran Flakes Life (Plain) Quaker Oatmeal Squares Hot Cereal: Cream of Wheat (Plain, 1, 2 1/2, 10 min & instant) Instant Quaker Oatmeal (Regular flavor - single serving packets)	Can Not Buy: Organic, raisins, fruit, nuts, variety packs or bags.
Juice 100% juice; NO added sugar 46 oz. Juice: Amount as printed on the food instrument Orange Juice: Donald Duck Treesweet Grapefruit Juice: Donald Duck Treesweet Apple Juice: *Seneca (red label) *Tree Top (green label) *Grape or White Grape Juice: Welch's 100% Pineapple Juice: Dole *Vegetable Juice: *V-8 (any style) *Also includes 46 oz, plastic containers 11.5-12 oz. Frozen Juice: Amount as printed on the food instrument Orange Juice (any style): Donald Duck Minute Maid Grapefruit Juice: Donald Duck Apple Juice: Seneca (red label) Tree Top Grape or White Grape Juice: Welch's 100% Pineapple Juice: Dole Pineapple-orange Dole Single Serving Juice (NN Only) V-8 Vegetable Juice	Can Not Buy: 6 oz frozen containers, glass bottles, non-frozen concentrate in plastic containers Organic, cocktail, fruit drink/punch, citrus banana, lemonade, Awake, Dole Pure & Light, Hi-C, Ken's Nectar or Sunny Delight.

Can Buy	Can Not Buy
Milk Amount and type as printed on the food instrument, any brand	Can Not Buy: Pints, organic, raw, goat's, chocolate or flavored milk, buttermilk, half & half, non-dairy or soy milk products
Eggs Fresh, raw, white or brown eggs, any brand and size	Can Not Buy: Organic or specialty eggs
Peanut Butter Plain, smooth or chunky types, any brand Not more than 18 oz.	Can Not Buy: Organic, spreads added jelly or honey, candy chips
Dry Beans/Peas/Lentils Any Brand and type 1 lb. bulk or prepackaged, not more than 16 oz.	Can Not Buy: Organic, snap beans, fresh, frozen or bean soup mix
Cheese Plain, Domestic, amount as printed on the food instrument, any brand Only these types: Cheddar (includes longhorn) Pasteurized Process American Colby Jack Provolone Colby (includes longhorn) Swiss Monterey Jack Mozzarella (whole or part skim, includes string)	Can Not Buy: Deli counter Cheese Organic or imported Cheese Cheese Food, Cheese Product or Cheese Spread
Infant Formula Only brand and type printed on the food instrument	Can Not Buy: Low iron formula unless printed on the food instrument
Infant Cereal Single grain items only 8 oz or 16 oz boxes only, amount as printed on the food instrument, any brand	Can Not Buy: Organic, fruit added, mixed, cans, jars or variety packs or with added formula
Infant Juice Single flavor only, 100% infant fruit juice; individual containers four or six packs, amount as printed on the food instrument, any brand	Can Not Buy: Organic or yogurt added, mixed flavors, fruit/veggie blends
Carrots Plain, fresh, canned or frozen, amount as printed on the food instrument, any brand	Can Not Buy: Organic
Tuna Amount as printed on the food instrument, any brand	Can Not Buy: Organic, oil packed or pouches

Note:
Available
in Spanish

Minimum Stock Requirements

The Department has established minimum stock requirements for all WIC foods which must be maintained by the Vendor at all times. The minimum stock and varieties required are outlined on the following pages. The purpose is to ensure that the Vendor will be able to adequately serve WIC participants/authorized representatives when food instruments are redeemed.

Grocers and Military Commissaries

Grocers and Military Commissaries are required to maintain minimum stock and variety of all WIC foods either on its shelves or stored at its location address (not available to order) from the **date the application is submitted** and if approved, throughout the entire contract period. Failure to maintain minimum stock and variety of all WIC foods at any time throughout the contract period will result in termination of the contract.

Pharmacies

Pharmacies are not required to maintain the minimum stock requirements if they were contracted to provide only “special formula.” However, pharmacies are required to order WIC eligible infant formula in the amounts and brands specified on the food instrument(s) redeemed by a WIC participant/authorized representative or ordered by WIC staff from either the Department or local agency.

Undue Hardship for Current Vendors

A current Vendor may be authorized to stock a reduced minimum stock of infant **and/or** woman/child food packages if one of the following criteria exists:

1. A local agency documents **fewer** than:
 - a. Four (4) milk based **and** two (2) soy based infant formula participants, and/or
 - b. Eight (8) woman/child participants.
2. A Vendor may request the stocking of these products be reduced based on the low volume of WIC sales of these products. The Department will make a determination based on the following criteria:
 - a. The Vendor’s redemption of infant **and/or** woman/child food packages during the past six (6) calendar months must substantiate the Vendor’s request to reduce the minimum stock requirements;
 - b. The number of authorized Vendors in the area.

The request must be submitted in writing to the Department. Any local agency whose participants may be affected by this reduction must approve the decision to reduce the minimum stock requirements of these products. The approval is contingent upon the Vendor’s agreement to provide all WIC authorized foods. If a WIC participant makes a request for any item that relates to the reduction, the Vendor must order the item and make it available to them within five (5) calendar days.

Written documentation from the Department approving the reduced amounts must be on file at the Department with a written notification to the affected Vendor and local agency before the requirement will become effective. The effective date will be the date the written notification is received by the Vendor.

NOTE: During FFY 2001, the Arizona WIC Program served approximately 125,023 participants per month. Minimum stock requirements are very low in relationship to the number of participants enrolled.

ARIZONA WIC PROGRAM’S MINIMUM STOCK REQUIREMENTS

(These stock requirements **must** be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Cereal	<p>ONLY THESE BRANDS:</p> <p>Cold Cereal Cheerios (plain) Chex: Corn, Rice, Wheat or Multi Bran Kellogg's Corn Flakes Kix (plain) Life (plain) Post Bran Flakes Quaker Oatmeal Squares Special K Whole Grain Total</p> <p>Hot cereal Cream of Wheat (plain) Instant Quaker Oatmeal (regular flavor, single serving packets only)</p>	<p>24</p> <p>-- or --</p> <p>24</p> <p>-- or --</p> <p>24</p>	<p>Boxes, any size of cold cereal</p> <p>Boxes, any size of hot cereal</p> <p>Boxes, any size of hot <u>and</u> cold cereal combined</p>	4 Brands
<u>Do not</u> count organic, frosted, honey, raisins, fruit or nuts, or variety packs.				
Dry Beans / Peas / Lentils	Any brand and type of dry beans, peas or lentils in one (1) pound bulk or prepackages (not more than 16 ounces)	<p>8</p> <p>-- or --</p> <p>128</p>	<p>pounds</p> <p>ounces</p>	<p>1 Type Peas <u>or</u> Lentils</p> <p>-- and --</p> <p>1 Type Dry Beans</p>
<u>Do not</u> count organic or snap beans, fresh, frozen, or bean soup mixes.				
Peanut Butter	Any brand of plain (smooth, chunky or natural) peanut butter.	8	16 or 18 ounce jars	Not applicable.
<u>Do not</u> count organic, spreads, added jelly or honey, or candy chips.				
Tuna	Any brand of water packed tuna.	8	6 ounce cans	Not applicabl.
<u>Do not</u> count organic, oil packed or pouches.				
Carrots	Any brand of plain; fresh, canned or frozen carrots.	<p>4</p> <p>-- or --</p> <p>4</p> <p>-- or --</p> <p>4</p> <p>-- or --</p> <p>4</p>	<p>Cans up to 16 ounces</p> <p>one (1) pound packages of fresh carrots</p> <p>One (1) pound packages of frozen carrots</p> <p>One (1) pound packages of fresh <u>and</u> frozen combined carrots</p>	Not applicable.
<u>Do not</u> count organic.				

**ARIZONA WIC PROGRAM'S
MINIMUM STOCK REQUIREMENTS**
(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Milk	Any brand refrigerated milk – whole, 2% reduced fat, 1% lowfat, skim/nonfat milk, acidophilus or lactose reduced.	28 -- or -- 56 -- or -- 112	Gallon containers ½ Gallon containers Quart containers or any combination of gallon, ½ gallon or quart containers that equal 28 gallons	Not applicable.
Do not count pints, organic, raw, goat's, chocolate or flavored milk, buttermilk, half & half, non-dairy or soymilk products.				
Cheese	Any brand, plain, domestic cheese either sliced, block, shredded, cubed or string in packages. ONLY THESE TYPES: Cheddar (includes longhorn) Pasteurized Processed American Colby Jack Provolone Colby (includes Longhorn) Swiss Monterey Jack Mozzarella (whole or part skim – includes string cheese)	8 -- or -- 128	pounds ounces	3 Types
Do not count Deli counter cheese, organic or imported cheese, cheese foods, cheese products or cheese spreads.				
Eggs	Any brand and any size, fresh raw white or brown eggs.	16	One (1) dozen cartons	Not applicable.
Do not count organic or specialty eggs.				

**ARIZONA WIC PROGRAM'S
MINIMUM STOCK REQUIREMENTS**
(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Juice	<p>100% juice, with NO sugar or sweeteners added.</p> <p>ONLY THESE BRANDS:</p> <p>Canned:</p> <p>Orange Juice: Donald Duck or Treesweet</p> <p>Grapefruit Juice: Donald Duck Treesweet</p> <p>Apple Juice: Seneca (red label) Tree Top (green label)</p> <p>Grape or White Grape Juice: Welch's 100% juice</p> <p>Pineapple Juice: Dole</p> <p>Vegetable Juice: V-8 (any style)</p> <p>Frozen:</p> <p>Orange Juice: Donald Duck (any style) Minute Maid (any style)</p> <p>Grapefruit Juice: Donald Duck</p> <p>Apple Juice: Seneca (red label) Tree Top</p> <p>Grape or White Grape Juice: Welch's 100% Juice</p> <p>Pineapple Juice: Dole</p> <p>Pineapple-Orange Juice: Dole</p>	<p>48 -- or -- 48 -- or -- 48</p>	<p>46 ounce cans or plastic containers</p> <p>11.5/12 ounce frozen cans</p> <p>46 ounce cans or plastic containers and 11.5/12 ounce frozen cans combined</p>	3 Types
<u>Do not</u> count organic juice or juice in 6 ounce frozen cans or glass bottles.				

**ARIZONA WIC PROGRAM'S
MINIMUM STOCK REQUIREMENTS**
(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Infant Formula	<u>Enfamil with Iron</u> (yellow can only) Concentrate Ready to Feed Powdered	124 -- or -- 100 -- or -- 32	13 ounce cans 32 ounce cans 14.3 ounce cans	Not applicable.
	<u>Prosobee</u> : Concentrate Ready to Feed Powdered	62 -- or -- 50 -- or -- 16	13 ounce cans 32 ounce cans 14.3 ounce cans	Not applicable.
<u>Do not</u> combine concentrate, ready to feed or powdered cans when counting cans				
Infant cereal	Any brand, plain and any single grain item, without fruit.	24 -- or -- 12	8 ounce boxes 16 ounce boxes <u>or</u> any combination of 8 and 16 ounce boxes that equal 24 – 8 ounce boxes	Not applicable.
<u>Do not</u> count organic, fruit added, mixed, cans, jars or variety packs or added formula.				
Infant juice	Any brand and any single flavor, 100% infant fruit juice	120	4.0 ounce glass or plastic bottles, individual bottles, four (4) packs or six (6) packs	Not applicable.
<u>Do not</u> count organic or yogurt added, multi flavor juices, fruit/vegetable blends.				

WIC Vendor Price/Stock Report

The Department requires Vendors to verify and complete a WIC Price/Stock Report semi-annually. A copy of the WIC Price/Stock Report is located in Appendix 2. The Vendor must accurately complete and return the report, no later than the fifteenth (15th) calendar day of March and September. Also, the Vendor is required to submit additional WIC Price/Stock Reports when requested by the Department. Additional reports may be submitted when there is a wholesale price increase. Price data is used as one of the tools to determine/substantiate the dollar amount to reimburse the Vendor for rejected food instruments submitted for second level review.

Exception: Pharmacies are exempt from this requirement, if they were contracted to provide only “special infant formula.”

Chain stores must submit one consolidated WIC Price/Stock Report for all outlets. However, if prices vary for each outlet and/or region, a separate report must be submitted for each outlet and/or region.

REMEMBER: Complete and submit the Certification Page (page 1) with each report.

- ∇ **NOTE:**
1. The Department will not accept a facsimile in lieu of the original WIC Price/Stock Report.
 2. The Enrollment WIC Applicant Price/Stock Report is required for the enrollment process and does not replace the WIC Price/Stock Report due in March and September.
 3. The Semi Annual Price/Stock Report should not be submitted prior to the beginning of the month in which they are due. (March and September)